



## **Abstract**

**Introduction & object:** Dysmenorrhea or painful menstruation often defined as cramping , Lower abdominal pain with or without backache that occurs just prior to menses and lasts for 12-72h. Dysmenorrhea is the most common problem in women and classified as primary or secondary. Vitamin E is a fat – soluble vitamin. Recent studies show its wonderful effect on primary dysmenorrhea. This study is done in the rest of previous studies . to determine the effect of vitamin E in the treatment of dysmenorrhea, and prove the past studies result.

**Subject & methods:** In this double blind, placebo – controlled trial , 200 girls were chosen by distribution the questionnaire in dormitories with attention pay to inclusion and exclusion criteria. Subjects were randomly assigned to either the placebo or vitamin E group (A , B) .

Each of them were 100 girls that given separately 400 UI of vitamin E and placebo daily with the same taste and appearance , Two days before the start of menstruation and the first three days of bleeding.

Treatment was continued over two consecutive menstrual periods. The severity of pain on base of VAS and VPS , the amount of menstrual blood loss with used pads and the severity of associated symptoms in dysmenorrhea with VAS assessed in three periods, before treatment and during each 2 months use, by descriptive and analytic statistics tests.

**Results:** In assessment of severity of pain , Mean amount for VPS in second month , group A was 0/9 VS 1/69 in group B and for VAS in second month group A was 2/4 VS 4/2 in group B. 47% participants group A had zero grade VPS in second month; but in group B was 8% .



In both pain scales,  $P < 0/0001$  for group A , B was determined . Mean amount for used pads in second month group A, 9/5 with  $P < 0/0001$  VS 9/6 with  $P > 0/05$  in group B was reported . In assesment of five clinical compliant with dysmenorrhea , severity of abdominal bleeding, depression, nausea and Vomiting in VAS group A,  $P < 0/0001$  VS  $P > 0/05$  Was determined . but, Fatigue in both groups had  $p < 0/05$  that was significant.

Discussion: These results are relevant for the effect of vitamin E in reduction pain of dysmenorrhea, Severity of associated symptom and used pads without any adverse effects .

Vitamin E becomes more effective with each successive period of use.

Key words: Dysmenorrhea, Vitamin E , Pain Bleeding Loss, associated symptoms – Ardebil.